

# Anacortes Seahawks Sailing Team

## High School Team

Spring 2024

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### Introductions:

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### About the Team:

The High School sailing team consists of 9th-12th grade sailors. We race a fleet of double handed (two person) sailing dinghies called Flying Juniors (FJs) and compete as part of the Northwest Interscholastic Sailing Association ([NWISA](#)). Our team consists of on-water practices in Fidalgo Bay and weekend regattas around the PNW.

**Spring season registration is open to returning sailors who have participated on the sailing team in past seasons and extra excited new sailors who are interested in joining.**

Our goal is to focus on racing on the team and to do that we want new sailors to be excited about sailing and come to the team with a basic understanding of what we do! AWA offers Intro to Racing classes in the summer to get brand new sailors up to speed before our Fall season.

**Parent/Sailor Pre Season Meeting: Tuesday February 13th at 5:30PM at AYC.**

We will have the gear bin available for anyone who wants to borrow gear for the season. Please let the coach know beforehand if you would like to borrow a lifejacket.

### Practices:

**Most High School Sailing Practices are Mondays and Wednesdays 3 - 6 PM (Please see calendar and teamsnap for full team schedule)**

- Swim/capsize test Friday February 23rd at 4pm at Seafarers Park
- We meet for practices in the basement of the Anacortes Yacht Club (AYC):  
611 Rotary Park Lane, Anacortes, WA 98221
- AYC will be open for sailors to change into gear at 3PM or sailors should come to practice dressed and ready to sail by 3:15PM.
- Sailors should check TeamSnap for any changes or special notes about practices.
- Any personal gear not going on the water can be locked in AYC during practice.
- We start practice with a team stretch, chalk talk and boat assignments before gathering our equipment from the gear shed in the AWA Boat Storage Yard.
- We rig and launch boats from Q dock in Cap Sante Marina.
- Practices are run in Fidalgo Bay and may include sailing drills and practice races.
- If weather is not permissible for sailing, we may have a shortened land base practice or a notice of practice cancellation will be posted on TeamSnap.

- Land-based practices may include: Racing Rules of Sailing, Weather, Knots, Tactics, Team Racing, Regatta Trailer Practice or team hike...

### NWISA Regattas:

1. February 24th: **R2D2 Scrimmage** - Oak Harbor
2. March 2-3: **North Regional Regatta** - Orcas Island
3. March 9-10: **NWISA Women's Clinic** - Sail Sand Point
4. March 16-17: **Ranking Regatta #2** - Bainbridge Island
5. March 23-24: **Gold Team Race Clinic** - Olympia
6. April 6-7: **Combined Division Invitational** - Sail Sand Point
7. April 13-14: **Ranking Regatta #3** - Vashon Island
8. April 20-21: **Backup Team Race Qualifier** - Bellingham
9. April 27-28: **NWISA Team Race Champs** - Oak Harbor
10. May 4-5: **NWISA Fleet Race Champs** - Anacortes

### Notes about Regattas:

- It is expected that sailors attend ALL the regattas and both days of regattas unless prearranged with the coach.
- Parents are encouraged to arrange carpools and group housing for travel regattas.
- Regatta fees are included in team registration.

### Gear:

AWA has a collection of sailing gear that can be loaned out for the season. The bin will be available during the parent/sailor pre-season meeting.

### **Required Gear**

- Type III Coast Guard Approved PFD
  - Recommend kayak style that are cut a little higher and provide good maneuverability
- Full Wetsuit (at least 3.2mm thick)
  - Plan like you are going to capsize every practice. Make sure your wetsuit is comfortable, fits well and will keep you warm.
- Close toed shoes
  - Close toed shoes are required safety equipment and must be worn any time sailors are on docks or in boats.
- Waterproof whistle (Attached to PFD)
- Bailer - Each sailor will be responsible for making and keeping their own bailer for the season. A great bailer can be made out of a juice jug, some duct tape and a line to tie it into the boat.

### **Recommended Gear**

- Over Wetsuit Clothing
  - Spray gear like sailing bibs and spray tops or light weight rain gear for cold weather. Avoid bulky coats that could make it difficult to move around freely.
  - Nikwax Tech Wash works great to refresh waterproofing on used gear.
- Gloves (fingerless or full)
  - Sailing specific gloves or non cotton gardening/work gloves work.
- Sailing Booties, waterproof boots, shoes or sneakers with non- marking soles
  - If you don't have sailing booties, waterproof socks like Sealskinz are a good option with tennis shoes.
  - Bulky boots that can fill up with water are not recommended.

- Wool or fleece layers, jackets, hats and socks.
  - In general, extra layers are always good.
  - Avoid cotton that isn't warm when wet.
- Sunglasses with Croaky
  - Polarized is recommended to protect your eyes and help to see the puffs of wind on the water.
- Waterproof watch w/ countdown timer (important for skippers)
- Gear Bag (doesn't need to be waterproof but you might fill it up with wet gear)

#### **Where to buy locally**

- West Marine - Anacortes (Tell them you are on the team for a discount)
- Anacortes Dive Shop - Wetsuits
- Fisheries Supply - Seattle
- LFS- Bellingham

**Bring extra change of dry clothes to all practices, expect to get wet!!**

#### **Team Snap:**

- All sailors and parents will be added to the team's TeamSnap group.
- TeamSnap is a team management system that has an app and also an online platform.
- TeamSnap will have all the practice and regatta information and is a great way for sailors and coaches to communicate with each other. Any changes to the practice schedule will be communicated over TeamSnap.
- Sailors should indicate their attendance for practices on TeamSnap prior to practice so that boat assignments can be prearranged.

#### **Expectations/Communication:**

- Sailor Code of Conduct must be signed and followed by each sailor
- Getting to sail is a privilege, please take it seriously and be respectful of your teammates, coaches and the equipment
- Sailing is a team sport and attendance at all practices and regattas is expected
- Sailors should alert the coach via teamsnap, text, email or phone if they will not be attending practice.

#### **Safety:**

**Safety** is the #1 priority for our Team. We have qualified coaches and volunteers who act as on-water safety for the sailors. It is important to note: **every sailor is responsible for their own safety.** Sailing is fun but it also involves risk. We ask sailors to listen to their coaches at all times, no rough-housing, no running on docks, etc.

**Capsizing-** Capsizing is a part of dinghy racing and every sailor will capsize during the season. In the first month we will be doing mandatory capsize drills on a weather appropriate day to ensure each sailor knows how to perform a capsize recovery. Sailors should be dressed appropriately for a capsize every day.

Wind speed and wave conditions will be used to determine who will be able to sail each practice. In some cases inexperienced sailors will be asked to ride in the chase boats to observe more experienced sailors. We will still sail in the rain so sailors should dress appropriately to stay warm in all conditions.

#### **Team Dues:**

The team dues for the Spring season are **\$350**. **All NWISA regatta fees are included in the sailing team dues**. We have scholarships available so please reach out to the coach if the team dues are a detriment to joining the team.

Donations help us provide scholarships to eligible sailors so they can participate on the team. Please consider making a donation on the Sailing Team page to help make the sailing team accessible to everyone regardless of financial means.

**Registration:**

***Sailors must have registration and a liability waiver complete before they can participate on the water.***

**Registration:**

- Fill out the Spring 2024 Sailing Team Survey: [High School Sailing Team Registration Spring 2024 \(google.com\)](#)
- New sailors: Fill out waiver form: [AWA Liability Waiver Form](#)
- Pay the team dues [Sailing Team Dues \(square.site\)](#)
- Register for Sailing on AHS Final Forms